



FEBRUARY 2022

Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER

M.A.D.
February

10%
OFF!



**10% off one-time-use
for member-owners!**

**The entire month
of February!**



Year 476 saw the fall of the Roman Empire. Say what you will about the empire, its fall ushered in an even more disturbing era in European history.

There are zillions of reasons for Rome's fall which are all fascinating in their own ways but as brutal as Rome was, things were about to get worse. It was a horrible time to be alive as one clan/tribe/group after another slaughtered their ways across the lands while fighting with one another.

For one reason and another, these years were called the Dark Ages. Urban areas fell. Crops were burned. Populations spread out. The Christian Church tried to be a unifying force but they had their own internal struggles even while their influence increased.

This went on for about 300 plus years. I say this casually but in real-time, every hundred years had 4 to 6 generations each experiencing child years, mating years, living years, and dying years. Then came Charlemagne in 800 to create the new Holy Roman Empire. Tough guy. Big army. Probably was a good force in history and moved Europe towards the Renaissance.

Among other things, Charlemagne issued the "Capitulare de villis" which was a plan for how the royal estates should be formed and managed. It's not clear how many of these estates there were other than "many". What this document proscribed was actually small villages and part of it necessitated that a certain amount be farmed and what was to be grown. In the long list of plants, there was the Fava Bean and the Chickpea (Garbanzo).

There is a train of thought that the massive cultivation of these beans saved Europe from starvation and malnutrition which were rampant at the time. They are also the perfect food for armies or any group on the move as they store well.

So beans fueled Europe starting between 850 to 900. Folks gathered around the estates. Beans fed the masses. Towns grew in and around the estates. Population increased. Education increased. Writing, Art and Architecture developed. Again - many generations but between 1000 and 1300, Europe started to emerge from those dark ages. It was the proto-renaissance.

That's a nice story! Pretty factual in the broadest sense. And the denser population helped lead to the Black Plague where about 50% of the Europeans perished. Win some - lose some.

Beans were in use in many cultures. Both the Incas and the Aztecs diets were based around beans and the "Three Sisters" (Corn, Beans & Squash) were widespread in the indigenous population. There's evidence that they were

consumed as far back as 10,000 to 20,000 years ago. Ancient Greece and many of the early cultures in the middle east cultivated and relied on beans.

Once folks started sailing to different shores in the 1400s and 1500s, the many varieties of beans spread around the globe (including the coffee bean).

The thing about beans is that they are nearly a complete protein source. Mixed with a little grain and there you go. Some say that beans are a meat alternative but I think it is the opposite: meat is a bean alternative and not necessarily a good one despite being a complete protein. Meat is quite messy on a number of levels and it doesn't store well. The longer digestion tract of humans is more designed for a plant-based diet. And now we all recognize the need for fiber to keep our digestive tracts flowing. Here's how much fiber meat has: 0. Beans - plenty.

Protein, Fiber, B vitamins, stores well and grows quickly in many climates, beans were used by the masses as well as being the main food source for armies on the move (one of the least compelling aspects of humans). Plentiful, nutritious, and inexpensive beans became associated with poor folks - which was actually fine since most of the world was poor.

The only thing about beans is that they take a bit of preparation but as with many things, the time and energy is worth it. Prepared well, the notorious gaseous side effect is nearly eliminated and there are enzymes available for super sensitive systems.

Beans were a big deal at the "New Wave" Co-ops of the '70s and '80s. Many did not have meat for ideological reasons and/or lack of storage space and refrigeration. But beans were rediscovered by many and now we see them much more consumed in all their many varieties across this country.

I didn't eat beans as a kid. The only exposure I had to them was cans of baked beans which I remember trying around 6 years old and promptly threw up. That cemented in my young mind that beans were to be avoided and avoid them I did until I joined a Co-op while in college.

Co-ops were more social in those days and there were zillions of potlucks. Beans of many different kinds and prepared in many different ways were available. Though with trepidation and reluctance I sampled these fares and soon discovered a new culinary adventure to explore.

And explore I did and became an aficionado on beans. Slowly, as I got busier and busier, my culinary exploits declined. But recently (okay - not recently: around 2 years ago) I bought an Instant Pot specifically to explore beans again so I figured it is time to get going on that.

We have many different kinds of beans at the Co-op including heirloom varieties. Good stuff!

Beans. You want them? We got them. Come get 'em!





Valentine Deli Sweets!

Cherry Crisp (V,GF)

Chocolate Dipped Strawberry Macaroons (V,GF)

Red Velvet Whoopie Pies

Raspberry Sweet Rolls

*Find these delicious desserts in our deli's
grab n' go case and at the registers!

Available February 14th - 20th

**WHAT'S
HAPPENING!?**

M.A.D. February

**10%
OFF!**

**10% off one-time-use
for member-owners!**

.....
**The entire month of
February!**



**NEW HOT DELI
SANDWICH!**



**Italian Melt
"Lucky" Lucciano
\$12.99 ea.**

MEET DYLAN!



Dylan is DNF's Front End Manager. He has been at the Co-op since August 2021. His last job was as an emergency medical dispatcher with AMR. Let's meet Dylan:

1. Where are you from?
 - a. Washington D.C.
2. How did you end up in Durango?
 - a. To be closer to my family.
3. When not working at DNF, how do you spend your time?
 - a. I really enjoy film and camping.
4. What is your favorite place that you've traveled to?
 - a. Goblin Valley State Park in Utah!
5. What's your favorite type of music?
 - a. 2000's Emo/ Hip-Hop
6. What is your favorite hike around Durango?
 - a. Lemon Lake area
7. What is one of your favorite things about working at the Co-op?
 - a. The people!
8. What are your three favorite products currently being sold at DNF?
 - a. (1) Barbara's Jalapeno Cheese Puffs, (2) Black Truffle Torres Chips, and (3) Maxine's Heavenly Oatmeal Raisin Cookie Bites
9. How would you describe your diet - vegetarian, carnivore, etc.?
 - a. I prioritize organic foods and enjoy eating lots of fish.
10. Share your favorite meal with us.
 - a. Stuffed pasta shells (Stuff Italian cheeses - ricotta, mozzarella, parmesan, etc. - into large pasta shells with marinara sauce and bake them in the oven.)



MESSAGE FROM THE BOARD

**ALYSSA RAINBOLT,
BOARD SECRETARY**

Greetings, fellow member-owners!

I hope this newsletter finds you enjoying the Durango winter, warm and nourished by some local goodies from your favorite co-op.

In my fourth month as an interim board member, I'm increasingly inspired by this community and its commitment to a socially just and environmentally responsible business. Policy governance and bylaws are new territory for me, and this position has given me a whole new perspective and appreciation for the member-owned co-op model. Foundational to every conversation is upholding our values and mission as a community-focused store. The DNF membership has a strong voice in co-op decisions. In this age of corporate supermarkets, that's a really special thing!

Speaking of your voice, the 2022 board elections are approaching in April. Two seats are opening up, and we're encouraging anyone with some finance experience to apply as we will be looking to fill the important officer position of Treasurer. If you're looking for a valuable way to be involved in your local community and you care about our co-op, consider applying! We'll be posting the application in the next month or so, so keep an eye out for updates.

Diving into 2022, the board has been hard at work solidifying the board budget. Included in the budget will be funding for board trainings so we can be more empowered with specific tools to serve the co-op. We're coming off of a successful two-part board retreat at the end of 2021 and we're excited to put some of our learnings into practice; namely, preparing for the inevitable need to expand in the future. While we know this won't happen in the next five years, we plan to start the conversation so we can hear from the DNF membership. More to come!

Lastly, we're continuing productive conversations with city officials regarding the upcoming construction at 8th and College. We're doing everything we can to ensure this project will have minimal impact on the flow of traffic in and out of the co-op. That said, we're grateful for the loyalty of our member-owners and know we can count on you to keep choosing DNF, even if it means navigating some construction.

Thanks to all of you for making the co-op such a special community to be part of!

Alyssa
DNF Board Secretary

DNF'S SOUNDING BOARD



Cody Reinheimer
President



Weston Medlock
Vice President



Elizabeth Shephard
Board Member



Don Lewis
Treasurer



Sheryl McGourty
Board Member



Alyssa Rainbolt
Board Member

OUR NEXT MEETING IS WEDNESDAY, FEBRUARY 16TH!

Do you have something you'd like the BOD to address at their next meeting? Please email us at Board@durangonaturalfoods.coop or join the meeting!

Meetings are open to the public and take place every third Wednesday of the month from 5:30 pm - 7:30 pm at 1911 Main Ave. (across the street from Peerless Tires on N. Main)

Enter building from parking lot --> in doors, turn Right --> halfway down hallway --> next to Dale Stritzel DDS



WE WANT TO HEAR FROM YOU!

EMAIL US AT BOARD@DURANGONATURALFOODS.COOP

co+op deals®

FEB 2 - FEB 15, 2022

sweet and salty!

There's a lot to love about the sustainable practices that go into making each and every Chocolove Chocolate Bar. Find them on sale at the co-op, and share them with those you love most.



2/\$5

**Chocolove
Chocolate Bars**

2.9-3.2 oz., selected varieties



2/\$5

**Health-Ade
Organic
Kombucha**
16 fl. oz., selected
varieties



2/\$5

**Probar
Meal Bar**
3 oz., selected varieties



2/\$6

**Siete
Tortilla Chips**
4 oz., selected varieties



2/\$6

**Maya Kaimal
Organic Everyday
Dal Entrees**
10 oz., selected varieties



3.99

**Quinn
Pretzel Nuggets**
5-7 oz., selected
varieties



3.99

**Talenti
Gelato or
Sorbetto**
1 pint, selected varieties



Sweeten your day with great deals at the co-op.

Chocolate for you and yours.

VISIT OUR WEBSITE FOR MORE CO-OP DEALS!

HOT FUDGE PUDDING CAKE



INGREDIENTS

- 1/2 teaspoon vegetable oil
- 1 cup all-purpose flour
- 1/3 cup sugar
- 1/4 cup plus one tablespoon cocoa powder (divided)
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 3 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract
- 3/4 cup brown sugar
- 1 cup brewed coffee
- 1/3 cup water



Preparation

1. Preheat oven to 375°F. Oil an 8- or 9-inch square or round baking pan.
2. In a mixing bowl, sift together the flour, sugar, 1/4 cup cocoa powder, baking powder, and salt.
3. In a separate bowl, whisk together the egg, butter, and vanilla.
4. Stir the egg and butter mixture into the dry ingredients and mix gently until just blended. Pour into the pan and spread evenly. Stir together the brown sugar and remaining cocoa powder and sprinkle evenly across the top of the cake batter. Stir together the coffee and water and gently pour over the top of the entire cake (the liquid topping will become the bottom pudding portion of the cake while baking). Place in the oven and bake for about 25 minutes until a toothpick comes out clean from the center (the bottom of the cake will still be molten). Remove the cake from the oven and let sit for 10 minutes before serving. Serve warm.

POMEGRANATE GLAZED SALMON



INGREDIENTS

- 4 6-ounce salmon fillets, skin on
- 2 cups unsweetened pomegranate juice
- 2 tablespoons light brown sugar
- 1/4 cup chopped shallots
- 1/2 teaspoon arrowroot powder (or cornstarch)
- 1 tablespoon olive oil
- 3/4 teaspoon coarse salt
- 1/2 teaspoon black pepper

Preparation

1. Pat the salmon fillets dry with paper towels and allow them to come to room temperature while you make the glaze.
2. In a small saucepan, combine the pomegranate juice, brown sugar, and shallots, and bring to a boil over high heat. Boil for about 15 minutes, stirring frequently, until reduced to about 3/4 cup. Pour into a metal or glass measuring cup and let cool. When slightly cooled, whisk in the arrowroot to thicken.
3. In a large saute pan, heat the olive oil over high heat. Sprinkle salt and pepper over the salmon. Place the fillets in the hot oil, skin side up, and sear for about a minute and a half, until the salmon releases from the pan when a thin spatula is inserted underneath. Carefully turn the salmon pieces. Take the pan off the heat and carefully pour the pomegranate mixture into the pan (since the pan is hot, pour it in on one side and tilt to cover the bottom of the pan). Return the pan to the stove; cook for about 2 minutes longer, depending on the thickness of the fillets, using your spatula to scoop the glaze over the filets. Serve hot over cooked brown rice or rice pilaf.

February is Black History Month

The Legacy of African American Co-ops

From the Open Harvest Co-op Grocers Blog

February is recognized as Black History Month in the United States. Traditionally, its focus has been to celebrate the contributions of African Americans in the U.S.

Carter G. Woodson pioneered the celebration that started as out as a week in February in 1926, to its current month-long celebration. At Open Harvest, it is important that we honor the legacy of African Americans in the co-op community.

The contribution of cooperative economics in the African American community spans generations. We hope you'll gain a deep appreciation for co-ops and the contributions that African American leaders have made.

Cooperation as an Antidote to Economic Inequality

In the 1880s, The Colored Farmer's Alliance (CFACU) formed to establish African American leadership and control over racial agrarian reform in the South. The union operated under fear and harassment by the white plantation block, but managed to operate several cooperatives in the late 19th century before having to disband. Members of the CFACU shared agricultural techniques and innovations, and coordinated cooperative efforts for planting and harvesting. CFACU promoted alliances between farmers and laborers, and was active in local and regional politics – to maintain rights for African Americans after Reconstruction. Best estimates are that the CFACU had over 1 million members and was the largest Black organization of its time.

In 1907, W.E.B. Du Bois wrote a monograph as part of his Atlanta University series entitled, "Economic Cooperation among Negro Americans". Du Bois explained that Blacks have pooled resources through churches, mutual aid societies, fraternal organizations, and jointly owned businesses. Mutual Aid Societies and Beneficial Societies provided joint purchasing and marketing, revolving loan funds, health care, support for widows and orphans, and death benefits. Many were founded and headed by Black women.

These mutual aid societies were the precursors to the African American owned cooperatives. Often white landlords, insurance agents, banks, and even the federal government created barriers to thwart the success of these businesses by raising the rent, refusing a line of credit, withdrawing an insurance policy, or even accusing the company of fraud. This would also happen with Black co-op businesses.

At the time, Du Bois documented 154 African American-owned cooperative businesses: 14 "producer cooperatives," 3 "transportation cooperatives", 103 "distribution or consumer cooperatives and 34 "real estate and credit cooperatives".

Du Bois' work provided cooperative economics education, and inspired Black leaders to start consumer cooperatives in their own communities.

Co-ops in the 1920s

In the late 1920s, Booker T. Washington's Black Negro Business League created The Colored Merchants Association, a co-op of independent Black grocers around the country.

The CMA was an association of independent grocers organized into a buying and advertising cooperative. The creation of the CMA was a way to support independent Black grocery stores with mutual support and collective marketing – in a harsh market dominated by chain stores. Chapters were organized in cities with ten or more stores.

By 1930, 253 stores were part of the CMA network, including 10 in Omaha, NE. The CMA was relatively successful for several years, but the major chain grocery stores gave fierce competition and often undercut the prices of the Black CMA stores. The National Negro Business League also included a couple of credit unions, which helped to keep money in Black hands and provide affordable financial services.

Co-ops in the Civil Rights Era

In the 1960s and 70s, the majority of civil rights organizations were quietly supporting co-op development. Co-ops were still considered communist following the McCarthy era, so these organizations did not publicly promote co-ops. But if you look into the community development efforts and how the organizations earned money, and even where leaders were developed, they were practicing cooperative economics.

In 1967, five major civil rights organizations worked together to form the Federation of Southern Cooperatives with initial grant money from the Ford Foundation. The FSC developed cooperatives throughout the South – mostly farming and supply co-ops, but also credit unions, housing co-ops, worker co-ops. The FSC still operates today.

In 1969, after fighting for voting rights for a decade, Fannie Lou Hamer started an affordable housing program and collective farm called Freedom Farm.

She explained her reasoning:

When we registered to vote, they – white supremacists – kicked us off the farms, threw our things in the street, and we had nothing. They retaliate against us economically. But if we start by owning our own land, growing our own food, owning our own homes, then when we are politically active they are less able to retaliate against us.

The Future of Cooperative Economics

Today, there's a growing interest in economic cooperatives. We now know that cheap food is built on cheap labor. When people are not paid fairly, we perpetuate the same system of inequality that we are trying to end. Today's food co-ops must accomplish both: Make a commitment to end poverty by supporting economic models that are fair, just, and healthy and deliver healthful food to its owners.

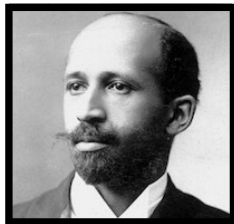
Black cooperators continue to work together, study together, share resources, create jobs, provide affordable goods and services, develop leaders, and build economic solidarity.

Successful models of every kind of co-op have been developed, from farming to catering, food production, grocery, retail, health care, journalism, education, and financial cooperatives.

Co-ops have often been a tool toward the elimination of economic exploitation and the transition to a new economic and social order.



Fannie Lou Hamer



W.E.B. Du Bois



Meeting of the FSC (Federation of Southern Cooperatives)



Officers of the National Negro Business League

Sources / More Information

- Federation of Southern Cooperatives www.federationsoutherncoop.com
- Food First www.foodfirst.org
- Grassroots Economic Organization www.geo.coop
- Seward Community Co-op www.seward.coop

Valentine Sale!



15%

OFF!

FEBRUARY 7 - 20

**OVER 200 ITEMS ON SALE!
SWEETS, CANDLES, PRODUCE,
CHOCOLATE, TEA, BODY CARE,
EARRINGS, & MORE!**

